



NEWS REPORT

December 2001

Editorial

A Merry Christmas to all Upton oarspeople, and may the New Year bring many thrilling victories, and better still, lots of fun.

Captain's Log

So far so good! This time last year we were flooded out and as we all know this continued to frustrate our efforts to train and compete. Already, we have had two head wins with Freya, Debbie, Annie and Deirdre picking up medals at Stourport in the WN4+ coxed by Liz, and the Phantoms winning the Veteran E event. All crews rowed well and had a good day.

Ron is proving very popular due to the fact that he has offered to coach extensively this season rather than row. My thanks to him for this.

We have five men's crews and four women's crews training at the moment, all of whom want to compete. Hopefully, we will soon sort out the boat situation and be able to produce an allocation system. We also have juniors and senior scullers training and competing. We were also invited to take part in Worcester's mini-head on 9 December.

I still hope to hold a men's winter lunch during January, will those interested please call me or enter their name on the list which is on the notice board.

Graham

British Indoor Rowing Championships 2001

On Sunday 18th November, Hamish drove Carol and myself up to Birmingham. We left at 7.00 am as Carol was due to row at 9.00 am in the first race of the day.

The event took place in the capacious surroundings of the National Indoor Arena (NIA). The arena had been split into two halves. One half was set out with 100 ergos laid out in four ranks of 25 machines. The front rank was linked by computer to a large screen so that the relative times and work rates could be seen by all. Each rower

was shown as a small boat in a multilane race as if viewed from the air. A race commentary was also given with TV close-ups of one or two top rowers. The other half of the arena was a warm-up area with a further seventy ergos plus catering and stalls.

There were thirty races during the day each with up to 100 rowers. In total some 2600 competitors had entered. The competition was split into age, sex and weight categories from J13 to 80+. Lightweight is below 75kg for men and 61.5kg for women. Carol was in the Women's 50-54 Lwt event at 9.00 am and I was in the Men's 55-59 Lwt at 11.35 am.



Carol had eight competitors in her event including Janet Parker the British Record Holder for Women's 50-59 Lwt. (Janet comes from Worcester. Anna Bailey, the current Women's 50-54 Hwt World Record Holder, comes from Malvern but neither of them actually row. It's a pity we can't get them down on the water at Upton!) Each rower taking part has a "minder" sitting behind them but this year for the first time no encouraging or coaching was allowed by anyone which is quite a drawback for those who need it. Carol's row was really gutsy winning a silver medal in a time of 18.18 mins. Janet Parker also had a good row, breaking her own British Record with a time of 8.06

My own row could be described as "steady". My strategy is to sit at a steady work rate which I know I can just about maintain for 2000 m. I normally have to display on "projected time" but because my display was linked to the computer system no such option was available. My time of 17.17 mins was OK but I feel I could have pushed harder earlier on to get below 7.15 mins (which would have got me a Bronze Medal).



The highlight of the day was the Men's Open Hwt competition which featured Pinsent and Cracknell. They rowed side by side matching each other in stroke and work rates (about 1.18!). Cracknell drew ahead with about 200 m to go but Pinsent being so competitive came back and took it up over the last 50 m finishing at 48 strokes to the minute and winning by 0.1 secs. WOW!

Peter Barker

Equipment

Following the spectacular modifications that were made to a number of our boats after Ross Regatta by bringing them into violent contact with the surface of the M50, it is good to report that we have had a full settlement from our insurers. As a result we will have suffered no overall loss to our fleet. Among the acquisitions that we have recently been able to make are two good quality second-hand eights – a women's boat from the RAF and a men's boat from The King's School Worcester, and we are getting a new trailer and a new coxed four for women's use.

In the meantime we have been extremely grateful for the support of our neighbours at Worcester Rowing Club who immediately came to our rescue with the loan of a trailer and two boats.

Upton Head of the River Race

Our annual attempt to run this event will be on 12 January, so let's cross our fingers and hope for benign water conditions this year. We will need lots of help from everyone on the day to make this a really successful event, so please make yourself available and await instructions!

Club Awards 2001

Here is a list of this year's awards that were made at the end-of-season dinner.

<i>Award</i>	<i>For</i>	<i>Awarded to</i>
<i>Secretary's Cup</i>	Cox of the Year	Karen Lanni
<i>Committee Cup</i>	Best Off-River Contribution to the Club	John Dean
<i>Chairman's Cup</i>	Best Men's Crew of the Year	Jeff Radnor Keith Shouler Richard Lee Christopher Couper Sheena Robinson (cox)
<i>President's Cup</i>	Best Women's Crew of the Year	Pat Cox Deirdre Thompson Annie Surman Freya Biggs Debbie Thompson (cox)
<i>Captain's Cup</i>	Best Individual Contribution to Rowing	Steve Cox

Warmest congratulations to all the winners.

Pay up!

A reminder that subscriptions are now due, and that we need your money! Please press your cash insistently into Freya's reluctant hands.

Committee phone numbers

Chairman	Peter Barker	01684 592906
Captain	Graham Rodway	01684 574437
Men's Vice-Captain	Jeff Radnor	
Women's Vice-Captain	Pauline Mason	01684 593194
Secretary	Ron Paterson	01452 813338
Treasurer	Andrea Oliver	01684 593180
Minutes Secretary	Deirdre Thompson	01684 592035
Membership Secretary	Freya Biggs	01684 592007
Boatmaster	John Dean	01684 594221
Junior Co-ordinator	Steve Cox	01684 593849
Regatta Entries Co-ordinator	Stuart Robinson	01886 833835
Publicity	Deirdre Thompson	01684 592035
Social events	Keith Andrews	01386 860827
Safety adviser	Paul Macdonald	01452 713655
West Midlands Rowing Council	Gabby Tolkein	01386 45334